NORTHWEST AIRLIFTER

Logistics pros keep mission



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McChord Airmen best in business

Logistics pros play huge role in accomplishing our mission



"... stay focused, stay safe and remember that working as a team we can prove to anyone, anywhere that Team McChord is ready!

> Col. Jerry Martinez 62nd Airlift Wing commander

By Col. Jerry Martinez 62nd Airlift Wing commander

After months of planning and preparation, Team McChord takes on an important mission this Sunday. The Logistics Standardization and Evaluation Program inspection team from Air Mobility Command will arrive here to assess our ability to conduct logistics operations. A lot of effort has gone into this visit, and I know we are ready to show the LSEP inspectors how McChord keeps the mission rolling.

Every day our logistics pros play a huge role in accomplishing our mission by safely maintaining, loading and fueling our aircraft. Since the beginning of this year, Team McChord has flown over 10,000 sorties and moved more than 87,000 tons of cargo. Those numbers are proof that McChord Airmen are the best in the business. Along with our partners from the 446th Airlift Wing, we're an unstoppable mobility team that stands ready for anything.

Just as the mission can't succeed without logistics, Team McChord could not successfully accomplish this inspection without the entire base's support. From our services professionals cooking the meals to fuel our Airmen, to the security forces professionals keeping us safe, we need everyone to make this base shine.

After all the preparation, it's time to execute - so stay focused, stay safe and remember that working as a team we can prove to anyone, anywhere that Team McChord is ready!

Logistics team ready to shine

"... I know the inspectors will also be amazed by the caliber and attitudes of the Airmen



Chief Master Sgt. Russell Kuck 62nd Airlift Wing command chief master sergeant

Next week our logistics Airmen will face the equivalent of their own operational readiness inspection.

During this inspection, inspectors will be checking for proper eye protection instead of gas masks. However just as in the ORI, one constant remains the same — positive attitudes will drive our success.

As the Logistics Standardization and Evaluation Program inspectors make their way around the workcenters, I have no doubt that they'll be impressed by what they see. The accomplishments of our logistics team have been recognized with multiple awards at

But beyond the award-winning work being completed, I know the inspectors will also be amazed by the caliber and attitudes of the Airmen performing our mission.

Their desire and ability to get the mission accomplished quickly, safely and professionally speaks volumes of our training and safety programs. It's also a direct reflection of our supervisors and leadership and the positive work envi-

ronments they've created.
I'm proud of the work these Airmen have accomplished in preparation for this inspection and to have such a remarkable group of Airmen on our team. Hooah!

Mission accomplished

Total McChord sorties	10,489.0
Total flying hours	33,465.1
Cargo moved (tons)	
Departure reliability rate	
Mission capable rate	84.9%
Personnel currently deployed	416
Reservists currently activated	269
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

We're ready to put experience to test



Brig. Gen. Eric Crabtree 446th Airlift Wing

commander

By Brig. Gen. Eric Crabtree 446th Airlift Wing commander

As the Logistics Standardization and Evaluation Program visit approaches, the members of the 446th maintenance team are ready to put their preparation and experience to the test with our partners from the 62nd Airlift Wing. We've all been involved and have contributed to the C-17 Globemaster III mission here and around the world. And we are ready partners in supporting Team McChord people who are executing this inspection, whatever form that may take.

As Reservists, you have proven we can deploy around the globe in support of the Air Mobility Command mission as we fight the current Global War on Terror. The inspection is an important assessment tool to make sure all of our logistics skills and processes are up to speed. I know your experience and expertise will help make this evalua-

Your positive attitude and energy are as critical as ever. We've been running hard for a long time, but I know each and every one of you will bring a winning attitude to this inspection. Take care of yourselves and your wingmen.

Be safe and professional in everything you do, and know that I am very proud of each of you.

62ND AIRLIFT WING, McCHORD AFB, WASHINGTON

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62nd AW com

McChord readies for LSEP inspection

David Kellogg
Staff writer

After months of preparation and countless hours of training, McChord's maintenance, logistics and aerial port squadrons are ready to wow the Logistics Standardization and Evaluation Program inspectors visiting here Monday through Aug. 7, according to base officials.

The LSEP team, which consists of approximately 40 individuals, will evaluate how well McChord's logistics and maintenance units perform different tasks to ensure uniform job performance and compliance with established standards, said Capt. Mary Lent, 62nd Maintenance Group quality assurance officer in charge and 62nd Airlift Wing LSEP project officer.

The inspectors are going to grade Team McChord on two basic things: Was the job performed safely and was it performed using the applicable technical orders, Air Force instructions, major command directives and local operating instructions, said Captain Lent. For instance, maintenance personnel will be graded

on how safely and "how by the book" they generate an aircraft, she said.

The LSEP inspection, which comes to McChord every 18 months, will examine not only active duty and Reserve Airmen, but civilians too, said Dave Jeska, 62nd Aerial Port Squadron air transportation standardization evaluation program manager.

Col. James Weber, 62nd Maintenance Group commander, said he believes the maintainers and the logistics personnel from the 62nd APS and 62nd LRS will perform extremely well for the inspection.

"What gives me great confidence is the thoroughness I've seen in the preparation made by both the mission support group and the maintenance group," Colonel Webber said. "As a former LSEP team chief, I can tell you the devil is in the details. When you couple this with the level of support Col. [Jerry] Martinez has thrown behind the effort to get the entire base focused on the inspection — both active duty and our Reserve colleagues you can't help but be excited about our prospects for a great showing."



Tech. Sgt. George Gray, left, and Master Sgt. Wayne Gish, both from the 62nd Maintenance Squadron, go through an Air Force checklist while repairing a C-17 Globemaster III. The Logistics Standardization and Evaluation Program inspectors will be evaluating logistics and maintenance units' performance and compliance with standards.



Safety top priority for Team McChord

Bv

Senior Airman Tiffany Orr 62nd Airlift Wing Public Affairs

The 62nd Airlift Wing Safety Office has many tools and procedures to keep safety at the forefront of everything McChord Airmen accomplish.

One aspect of the program every Airman is very familiar with is preventative safety measures.

Ken Heath, 62nd Airlift Wing ground safety superintendent, said something as simple as McChord Airmen wearing reflective belts on the flightline and during hours of reduced visibility can have a positive impact on the mission.

"People can't do the mission if they are getting hurt on the job," he said. "People have to be able to do their job safely to be able to do their mission."

In addition to preventative measures, the safety office also relies on education and training to inform McChord's maintenance and logistics communities about the importance of safety.

"We've produced [videos] for Wingman Day and the 101 Critical Days of Summer," said Mr. Heath. "We do work center visits also, so we are out assisting the supervisors with their programs to make sure everybody's doing everything safely."

Trend analysis is another preventative action the safety office uses, said Mr. Heath.

"We have a database that tracks all the mishaps," he said. "There are four different classes of mishaps, A, B, C and D ... that get

reported to the Air Force Safety Center. The most common mishaps are class D, when you go to the clinic because you stubbed your toe, for example."

Mr. Heath said Airmen are doing a good job using the preventative measures, such as operational risk management, not taking shortcuts and using technical training orders.

"I think our supervisors are doing a good job of stressing the need to follow the guidance established," he said.

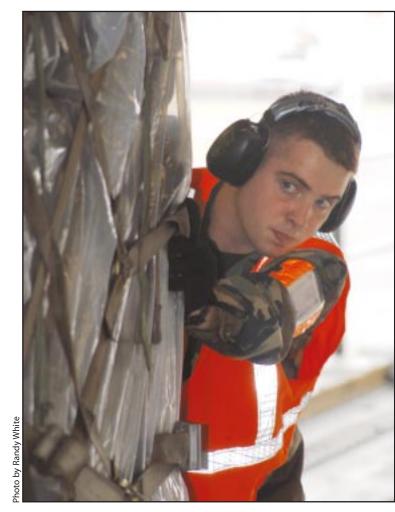
However, the Air Mobility Command's safety Web site reminds Airmen that preventative safety measures such as ORM should not be limited to work environments, because safety "can be applied to every part of your life" including "recreation, vacation and your drive home from the office."

Tech. Sgt. Frederick Molina, 62nd Airlift Wing flight safety noncommissioned officer, said he agrees with the AMC's policy on ORM and safety procedures.

"It's just common sense to use safety," he said. "Everything we do, even outside of the base, we still have to be thinking ORM. Mishaps cost money. If we can decrease them as much as possible, we are not only saving lives, we are saving Air Force resources."

If an Airman recognizes a potential safety hazard, he or she should report it to a supervisor, said Mr. Heath.

Airmen can also report potential safety hazards to the safety office with an Air Force Form 457, Hazard Report Form, which is available on the safety office's Web site and on every safety bulletin board around the base, said Mr. Heath.



Airman 1st Class Andrew Braman, 62nd Aerial Port Squadron, wears a reflective vest and hearing protection while loading cargo onto an aircraft on the flightline recently. All Airmen need proper safety gear while on the flightline.



MXS proves precise with PMEL

Senior Master Sgt. Joseph Horvath 62nd Maintenance Squadron

The 62nd Maintenance Squadron's Test, Measurement and Diagnostic Equipment flight received an excellent performance rating as it underwent an Air Force-level evaluation July 12 through 19.

A team from the Air Force Metrology and Calibration Program Office in Heath, Ohio, came to McChord to perform the audit, which is done every two years to evaluate the flight's Precision Measurement Equipment Laboratory.

The assessment covered six critical flight areas. All areas passed inspection and the inspection team recommended the flight's recertification to calibrate and repair more 7,300 items for Air Force, Air National Guard, Air Force Reserve, Coast Guard and other Department of Defense work centers throughout Washington and Oregon.

During the outbrief, Master Sgt. Mike Sumich, an auditor from AFMETCAL, said there were no problems noted during the inspection, which is a rare occurrence.

Master Sgt. Len Sandell, an auditor from AFMETCAL, also praised the PMEL performance during the outbrief and said all personnel displayed a high degree of professionalism and technical competence.

The laboratory's quality program was rated outstanding and auditors said it significantly contributed to the excellent assessment results. The training, production control, scheduling and material control areas of the flight also received excellent ratings.

In addition, inspectors coined Airmen 1st Class Gregory Olsen and Thomas Winger, 62nd MXS technicians, for demonstrating a high level of proficiency and self-confidence.

Col. James Weber, 62nd Maintenance Group commander, also presented commander's coins to Airman Basic Justin Offett, Master Sgt. Daniel Dawson, Airman Olsen, Airman Winger and Pamela Best, 62nd MXS, for outstanding performances during the inspection.

The inspection team presented the Certificate of Compliance to Colonel Weber, which allows the McChord PMEL to provide support to their customers for another two years.

Master Sgt. Thomas Niles, 62nd MXS, said the excellent evaluation is a result of a lot of hard work by the section supervisors. The squadron's dedication to excellence will continue to pay off in future audits, he said.

McChord Airmen deploy for GWOT

David Kellogg Staff writer

While helping their squadrons prepare for the Logistics Standardization and Evaluation Program inspection Monday, many of McChord's maintainers, aerial porters and logistics readiness personnel were also preparing for $\frac{1}{2}$ deployments.

Chief Master Sgt. Daniel McLaughlin, 62nd Aircraft Maintenance Squadron superintendent, said he doesn't foresee the pace of deployments in support of the Global War 3 on Terror slowing down.

"When they can build a plane ^b that doesn't require maintenance we won't deploy," he said.

However until that happens, he

said, 20 percent or more of his squadron will be deployed yearround to keep C-17 Globemaster IIIs flying around the world.

By deploying individual maintainers to busy installations such as Manas Air Base, Kyrgyzstan, the Air Force minimizes its costs since it does not need to send a maintenance team to Manas every time a jet needs to be fixed, said Chief McLaughlin.

However, maintenance personnel aren't the only Airmen who are continually tasked in support of

Master Sgt. Brad Woodruff, 62nd Aerial Port Squadron non-



Staff Sgt. Ronald Broughton, 62nd Aircraft Maintenance Squadron, works on a C-17 Globemaster III jet engine at a deployed location in May. Sergeant Broughton is a propulsion specialist who deployed to work with the 8th Expeditionary Air Mobility Squadron.

commissioned officer in charge of APS training, who returned earlier this year from a deployment to U.S. Central Command's area of responsibility, helped establish the aerial port control center at CENTCOM's combined air operations center.

The control center allowed aerial porters from around the AOR to contact the central command location and learn of missions that they needed to prepare for, Sergeant Woodruff said.

Airmen from the 62nd Logistics Readiness Squadron found them- never forget," he said.

selves deploying throughout the

Senior Airman Charles Bowers, 62nd LRS vehicle maintenance flight journeyman, like many other logistics Airmen, was tasked to support Army operations after U.S. and coalition forces entered Iraq in 2003.

Airman Bowers worked with the Army in both Kuwait and Iraq as a convoy vehicle maintainer, where he said he experienced both a roadside bomb attack and a friendly-fire

"It's definitely something I'll

AF releases force shaping initiatives

Air Force officials released new force-shaping initiatives to help meet the required 2007 fiscal year end strength numbers.

The Air Force will use Voluntary Separation Pay, Selective Early Retirement Board and a fiscal 2007 Force Shaping Board to try and reduce numbers.

"It's important to keep in mind what force shaping is all about: the present and future state of the Air Force," said Lt. Gen. Roger Brady, deputy chief of staff, manpower and personnel. "We have to balance our [force] for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next.

More than 8,000 officers separate either through normal attrition, retirement or force shaping measures to achieve the requirement.

For more information on the force shaping initiatives visit the AFPC Web site at http://www.afpc.randolph. af.mil/retsep/forceshaping/ shape.htm.

Look for more information on 2007 Force Shaping initiatives in next week's edition.

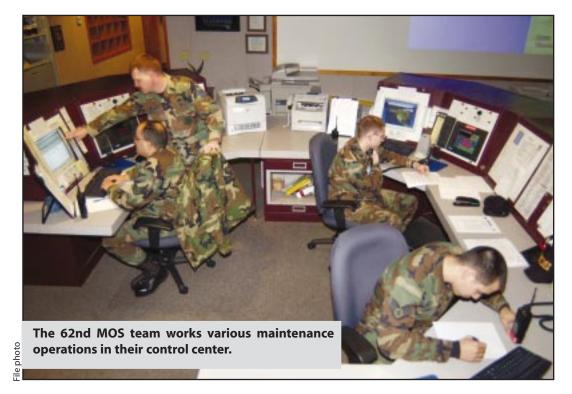


Net worth

Two Airmen from the 62nd Logistics Readiness Squadron securely strap down pallets in Bldg. 1422. All equipment and property should be properly secured and never left unattended — particularly sensitive items such as small arms, ammunition and computers.



A member of the 62nd Maintenance Operations Squadron inspects the fuel tank of an aircraft.









Inspection ready Logistics team:

Preparation key to LSEP success

David Kellogg Staff writer

For months the 62nd Maintenance, Maintenance Operations, Aircraft Maintenance, Aerial Port and Logistics Readiness Squadrons have been preparing for the Logistics Standardization and Evaluation Program inspection.

Now, with the inspection only days away, squadron members are ready to shine.

"I'm pretty impressed with what our guys know," said Master Sergeant Daryl Heckard, who is helping prepare 62nd LRS fuels flight members for the inspection.

He said he has continually tested and evaluated members from his unit to get them mentally prepared for the inspection.

Chris Ferris, 62nd LRS vehicle maintenance flight chief, said his team is absolutely prepared for the inspection because he ensures his team is ready year-round.

Dave Jeska, 62nd Aerial Port Squadron air transportation standardization evaluation program manager, said he and his colleagues have prepared their Airmen by examining them on not just how they do their job, but also on their knowledge of the job's publications and regulations.

"Know the publications and regulations, that's what impresses the inspectors," he said.

During its visit, the LSEP team will perform over-the-shoulder inspections, which could make some Airmen nervous. That's why the 62nd Maintenance Group prepared its Airmen by having their most experienced Airmen act as inspectors, shadowing maintainers while they work.

"We wanted everybody to try and feel what it's like to be inspected," said Capt. Glen Mercier, 62nd Maintenance Squadron operations officer. "Technically, it's an open book inspection. As long as he or she follows [the technical guidance] we'll be good to go.'

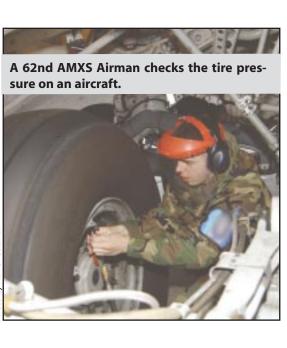






Airman 1st Class Damon McRae, 62nd Aircraft Maintenance Squadron, marshalls a C-17 Globemaster III as it taxies in.







Senior Airman Luis Cardona, 62nd MXS, performs maintenance on an aircraft.





Leading the charge

(Above) From right, Col. Jerry Martinez, 62nd Airlift Wing commander; Col. Shane Hershman, 62nd AW vice commander; and Chief Master Sgt. Russell Kuck, 62nd AW command chief, sport the Air Force physical training uniform while leading the wing run outside of Bldg. 100 July 21. Airmen are reminded that the PT uniform will be mandatory during wing runs beginning Oct. 1.

(Left) Colonel Martinez congratulates runners after the formation run. The wing run will occur the third Friday of every month at 3 p.m. and start outside of the base fitness center.

Physical activity for everyone Fitness vital for health, well-being

ATLANTA, Ga. — Ralph Waldo Emerson once said, "The first wealth is health." The evidence for Emerson's assumption is growing and more convincing than ever. People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits and medications.

Moreover, physical activity need not be strenuous to be beneficial. People of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

Despite the proven benefits of physical activity, more than 50 percent of American adults do not get enough physical activity to provide health benefits. Twenty-five percent of adults are not active at all in their leisure time. Activity decreases with age and is less common among women than men and among those with lower income and less education.

Insufficient physical activity is not limited to adults. More than a third of young people in grades 9 to 12 do not regularly engage in vigorous-intensity physical activity. Daily participation in high school physical education classes dropped from 42 percent in 1991 to 32 percent in 2001, according to Centers for

Disease Control research.

People who enjoy participating in moderate-intensity or vigorous-intensity physical activity on a regular basis benefit by lowering their risk of developing coronary heart disease, stroke, non-insulin-dependent (type 2) diabetes mellitus, high blood pressure and colon cancer by 30 to 50 percent, according to the U.S. Department of Health and Human Services. Additionally, active people have lower premature death rates than people who are the least active.

Regular physical activity can improve health and reduce the risk of premature death in the following ways:

- Reduces the risk of developing and/or dying from coronary heart disease
- Reduces the risk of stroke
- Reduces the risk of having a second heart attack
- Lowers total blood cholesterol and increases good cholesterol
- Lowers the risk of developing high blood pressureHelps reduce blood pressure in people
- who already have hypertension
 Lowers the risk of developing type 2 dia-
- betesReduces the risk of developing colon can-
- Helps people achieve and maintain a healthy body weight
- Reduces feelings of depression and anxiety
- Promotes psychological well-being and reduces feelings of stress
- Helps build and maintain healthy bones, muscles and joints

(Article courtesy of the Centers for Disease Control)

Who benefits?

Older adults

No one is too old to enjoy the benefits of regular physical activity. Evidence indicates that muscle-strengthening exercises can reduce the risk of falling and fracturing bones.

Parents and children

Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Families can plan outings and events that encourage everyone to be active.

Teenagers

Regular physical activity improves strength, builds lean muscle, and decreases body fat. Activity can build stronger bones to last a lifetime.

• People on weight management Regular physical activity burns calories while preserving lean muscle mass. Regular physical activity is a key component of any weight-loss or weight-management effort.

• People with physical disabilities, including arthritis

Regular physical activity can help people with chronic, disabling conditions improve their stamina and muscle strength. It also can improve psychological well-being and quality of life by increasing the ability to perform the activities of daily life.

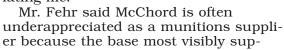
Local maintainers earn Air Force-level awards

— **By** — David Kellogg
Staff writer

The Air Force recently recognized two civilian maintainers with the Lieutenant General Leo Marquez Award for their service here during 2005.

James Fehr, a 62nd Maintenance Squadron ordnance equipment specialist, and Rick Neumeyer, a 62nd MXS aircraft engine mechanic, won the civilian technician category in their respective fields

"The [Air Mobility Command] award was nice, but winning at the Air Force level against all the other munitions experts is cool," said Mr. Fehr. "I've gotten lots of e-mails from people I know around the Air Force congratulating me."





FEHR



NEUMEYER

ports C-17 cargo jets, not fighters. It turns out, however, that McChord frequently supports fighter units for training, especially Air National Guard units from around the United States.

Last year was an especially busy year due to the AMC Rodeo Competition and Air Show, which required the use of C-4 explosives, said Mr. Fehr, who tracks and orders McChord's explosives.

Both events required McChord to supply explosives outside its typical supply. "It's not like you can go buy it downtown," he said.

But he and his co-workers of the ordnance team worked hard to get the supplies needed.

Mr. Fehr said he believes the award is as much a reflection on the entire ordnance staff as on him.

Mr. Neumeyer, who inspects, troubleshoots and repairs C-17 jet engines also believes his award reflects the hard work of many people.

Mr. Neumeyer and his co-workers enabled 43 engine changes in 2005, sustaining the McChord fleet through 15,890 sorties, according to his award package.

"This award reflects greatly on our shop," he said. "Without the hard work of all the men and women in the propulsion section, I feel this award wouldn't be possible. A lot of teamwork goes into the accomplishments I have performed. No one can do it alone."

Combat Airlifter

of the week

Tech. Sgt. Julie Johnson

62nd Aerial Port Squadron

Duty title:

Logistics manager

Duty Section:

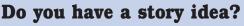
Traffic management flight

Hometown:

St. Helens, Ore.

What makes her so great?

Sergeant Johnson is responsible for the overall management of training for more than 350 personnel. She was instrumental in helping the 62nd APS earn an excellent rating during June's Operational Readiness Inspection by identifying discrepancies and suggesting better practices as a member of the squadron's exercise evaluation team. During the ORI, Sergeant Johnson also helped facilitate the deployment 687 passengers and more than 904,000 short tons of cargo.



Spread the news in The Northwest Airlifter!
Call public affairs at 982-5637 or e-mail us at
northwestairlifter@mcchord.af.mil



Quarterly Awards luncheon

The McChord Quarterly Awards luncheon is at 11 a.m. today at McChord's Clubs and Community Center. For more information, call Senior Master Sgt. Dave Fish at 982-6272 or Senior Master Sgt. Scott McCalla at 982-5107.

STS change of command

The 22nd Special Tactics Squadron is having its change-of-command ceremony at 9:30 a.m. today in the 22nd STS Hangar. For more information, call Master Sgt. Giardini at 982-5623.

Golf tournament

The Air Force Association/ Daedalian Scholarship Golf Tournament is today at Whispering Firs Golf Course. For more information, contact Tom Hansen at 984-0437 or c130hans@msn.com.

Retirement ceremonies

• Senior Master Sgt. Barrett is retiring at 2 p.m. today in McChord's Clubs and Community Center. For more information, call Master Sgt. Krause at 982-5913.

Deering is retiring at 9 a.m. Aug. 4 at the 4th Airlift Squadron auditorium. For more information, call Senior Master Sgt. John Matthews at 982-3323.

• Senior Master Sgt. Michael Hansen is retiring at 2 p.m. Aug. 11 in Bldg. 576. For more information, call Master Sgt. David Schuman at 982-2067.

Base housing lawn watering

Due to hot weather and the drastic increase in water usage, a base housing summer lawn-watering schedule has been implemented effective immediately. Odd numbered homes water on odd days and even numbered homes water on even days. Please water before 10 a.m. or between 6 and 10 p.m. Total daily watering should not exceed two hours. For more information, call Master Sgt. Michael Luhmann at 982-0560.

McChord Clinic closure

The base medical clinic will close at noon Aug. 4 for an annual 62nd Medical

• Master Sgt. Sandra Group staff function. All services, including the pharmacy, will be closed. Please plan appointments, lab work and medication refills accordingly. For more information, call 982-9917.

Membership drive

McChord's Officers' Spouses' Club is having a free ice cream social and membership drive for current OSC members, those interested in the organization and their family members from 7 to 9 p.m. Aug. 8 at Holiday Park. For more information, call Christi Detwiler at 588-2311.

Tops in Blue

Tops in Blue is having a free concert at 7:30 p.m. Aug. 9 in Hangar 9. Doors open at 6:45 p.m.

Special Duty briefing

A Special Duty Assignment briefing will be held from 8:45 to 10:45 a.m. Aug. 10 at the base theater. All Airmen are invited to attend. For more information, call Master Sgt. Lorenzo Jones at 982-3395.

Correction: A July 14 Northwest Airlifter article on pg. 10 incorrectly stated that until recently Staff Sgt. Thersha Lewis never responded to an explosive ordnance incident. Sergeant Lewis has responded to multiple incidents both at McChord and while deployed. Additionally, the Explosive Ordnance Disposal flight has responded to six incidents in the past year and also provides off-base responses.

Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

• Faith Formation and **Rite of Christian Initiation for** Adults are 6:30 p.m. Wednesdays, Sept. through

April. Protestant Men's Bible study is 6:15 a.m. Thursdays. Combat Brown Bag **Bible study** is from 11:30 a.m.

Adult Bible study will

Jewish Torah School **Classes** for adults and children are 9:45 a.m. Sundays at Fort Lewis, Chapel Five.

Catholic Services:

All Catholic Services are in Chapel Two Daily Mass Tuesday - Friday 11:30 a.m. Saturday: 4 p.m. Confession

5 p.m. Mass

9:30 a.m. Mass 11 a.m. Mass **Protestant Services:**

Sunday: 8:30 a.m. Liturgical Worship: Chapel One 9:45 a.m. Sunday School for all ages:

chapel support center

11 a.m. Traditional Worship: Chapel One 11 a.m. Contemporary service: chapel

support center Jewish Services:

7 p.m. Fort Lewis Chapel Friday:

Corner of 12th St. & Liggett 966-8949 Led by Chaplain (Lt. Col.) Avi Weiss

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas

Church, 15th & Yakima, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. pre-Communion prayers

9:30 a.m. Divine Liturgy

Confessions are by appointment; call Father John Anderson at 967-1717 or 906-6843, or e-mail

father.anderson@us.army.mil.

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to 12:30 p.m. Tuesdays.

resume in September.

Schedule of worship services